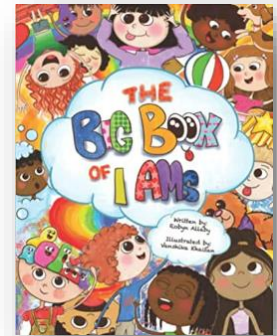


Overview

This guide features pre-reading and after reading activities that align with *The Big Book of I Ams*, written by author, Robyn Allaby. Elementary learners will discover and create their own positive affirmations to help build life-long, positive mental health skills in themselves, and in others.



NB Curricular Connections

3-5 Learning Areas

English Language Arts:

- *Strand: Interactions - Big Idea: Exchanges*
- *Strand: Reading - Big Idea: Reading Comprehension*
- *Strand: Representations - Big Idea: Composition*

Personal Wellness:

- *Strand: Wellness - Big Idea: Healthy Lifestyle*


What You'll Need

- The Big Book of I Ams book (*By: Robyn Allaby and Illustrated by: Vanshika Khaitan*)
- Projector or Smart Board (*for video*)
- Small ball
- I Am cards (*below*)
- This Is Me Printable (*included*)
- Pencils
- Colouring Materials (*markers, pencil crayons, etc.*)
- 1 cue card or sticky note per student

Instructions

1. **Discussion (PRE-READING):** Before reading the book, discuss with students: *What kinds of things do we feed plants, for them to grow and be healthy?* Students may offer responses such as: light, water, nutrient-rich soil, fertilizer, etc. Together, watch a real-life garden come to life filmed by visual effects artist and filmmaker, Jamie Scott. He spent three years shooting the stunning springtime imagery in this continuous motion time-lapse video for National Geographic: <https://www.youtube.com/watch?v=m6Uw2DJ9Md8>

Were the things that we listed, evident in the plants in this video? In the same way we feed these important things to plants, what things do we need to feed our own brain so that we can grow and be healthy? (Love, good thoughts, positive affirmations, accurate information, knowledge of the world around us, positive self-talk, hope, dreams, etc.)

- 2. READ ALOUD – The Big Book of I Ams:** Begin reading and pause on page 7 to add any other additional thoughts from the previous discussion (on what to feed our brains). Next, tell students that there will be many pages coming where I Am statements will be read. Have students place one fist on a knee. Have them put their thumb up if they feel like the I Am statement being read is a perfect match for them. *Teacher’s note:* ONLY encourage thumbs up. Gauge throughout the reading, students who are having a challenging time identifying with any of the I Am statements.
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- 3. Discussion – Sharing Circle (AFTER READING):** Gather students together in a circle. Using a ball, have students say 1 I Am statement about themselves and then roll the ball to another peer – until all students have shared.
 - 4. This Is Me - I AM Self-Portrait Activity: (AFTER READING):** Using the printables provided below, cut, and tape up the I Am statements found within the book around the classroom. Have students draw their own self-portrait, using pencils and colouring materials, on the *I Am Self-Portrait* printable below. Once students have finished their self-portrait, give them time to walk around the room and choose **5** I Am statements that they feel truly reflects themselves. They may also add statements that were not in the book. *(Feel free to also add more artistic elements to this activity: self-portraits created with paint, recyclable materials, collage, Van Gogh style, etc.).*
 - 5. Peer Encouragement Activity:** Place all students’ names individually on cue cards or sticky notes. Randomly distribute the names so that no learner gets their own name. Give 5-10 minutes for students to walk around the classroom, with the same I Am statements taped up, and write three “You Are” statements that the students SEES in the other student. Have students give the cards/notes back to you and then you hand them back to each student. Discuss: *Were any of you surprised by what another peer sees in you? Are there things that others see in us, that we do not always see in ourselves? Why?* Have students share.
 - 6. Warp-Up (AFTER READING):** Discuss: *How would knowing and practicing my I Am statements be important for my future? Would there be clues and unique skills in who I*

know I am that could help guide what my future career path might be? What could some of my I Ams be telling me now?

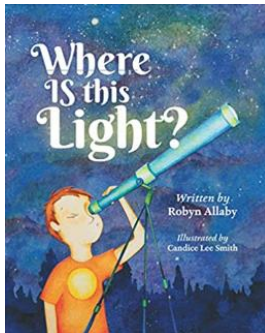
Extension Ideas:

- Using pages 36-37 in the book, have students create an alphabet of I Ams, individually or in small groups. Create an illustrated class ABC I Am book and read it to a younger class to share all about the power of positive self-talk.
- Create an I Am video to share with your school's video announcements or assembly to encourage others to speak and use their own I Am statements in their daily routines.
- Create an I AM station in your classroom. Have I AM statements available, along with a mirror for students to practice.

Reflection Activity

Please see the attached PDF for several choices on how you and your learners can reflect upon today's activity.

Other Robyn Allaby Children's Books:



Where IS This Light?

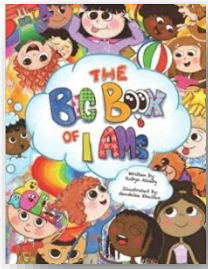
By: Robyn Allaby

Illustrated by: Candice Lee
Smith

Acknowledgements

Scott, Jamie. Watch a Garden Come to Life in This Absolutely Breathtaking Time-Lapse:
Short Film Showcase, National Geographic, 2017.

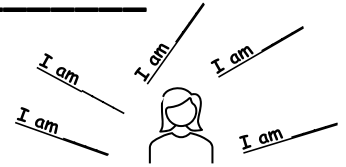
<https://www.youtube.com/watch?v=m6Uw2DJ9Md8>



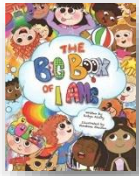
This Is Me

Name: _____

Draw your self-portrait in the middle and bottom of the space below. On the lines provided, print 5 I Am statements that are true to you.



Large blank area for drawing and writing, defined by a vertical line and two diagonal lines.



I Am Cards

To be printed, cut out and posted around the classroom. (These can also be used as writing prompts or cards for your I Am station in your room.)

<p>I Am</p> <p>amazing!</p> <p><i>This makes me smile.</i></p>	<p>I Am</p> <p>assertive.</p> <p><i>I stand up for myself in a respectful way.</i></p>
<p>I Am</p> <p>beautiful.</p> <p><i>Inside and out, I am a good person.</i></p>	<p>I Am</p> <p>blessed.</p> <p><i>There are a lot of good things in my life.</i></p>
<p>I Am</p> <p>brave.</p> <p><i>I do things even I'm a little bit afraid.</i></p>	<p>I Am</p> <p>caring.</p> <p><i>I hug my parent when they are upset.</i></p>
<p>I Am</p> <p>compassionate.</p> <p>I try to make my friends feel better when they are sad.</p>	<p>I Am</p> <p>clean.</p> <p><i>I regularly take a bath and wash my hands.</i></p>
<p>I Am</p> <p>confident.</p> <p><i>I believe in myself.</i></p>	<p>I Am</p> <p>considerate.</p> <p><i>I clean the house even when I'm not asked to.</i></p>

I Am

courageous.

I am willing to try new things.

I Am

courteous.

I always say, "please" and "thank you."

I Am

creative.

I draw, build, invent, and make.

I Am

curious.

I ask a lot of questions.

I Am

a dreamer.

I use my imagination.

I Am

determined.

I don't give up, even when things are hard.

I Am

disciplined.

I control my thoughts, words, and actions.

I Am

empowered.

I believe that I can do anything.

I Am

energetic.

I have the energy to do all the things I love to do.

I Am

enough.

Exactly as I am.

I Am

fair.

I make sure everyone gets a turn.

I Am

faithful.

I keep my word.

I Am

flexible.

I am ok with last minute changes.

I Am

forgiving.

When someone wrongs me, I let it go.

I Am

focused.

I give my full attention to something when I am doing it.

I Am

friendly.

I smile at everyone.

I Am

funny!

I love to make people laugh.

I Am

generous.

I share and give what I have.

I Am

gentle.

I will never hurt anyone or anything.

I Am

happy!

I choose to feel good even when it's hard.

I Am

hardworking.

I always try my best.

I Am

healthy.

I made good choices for my body, mind, and spirit.

I Am

helpful.

It makes me feel good to do things for other people.

I Am

honest.

I always tell the truth, even when it's hard.

I Am

honorable.

I always try to do the right thing.

I Am

idealistic.

I know if I work hard, I can do anything.

I Am

important.

I matter.

I Am

joyful!

My heart is full of happiness, and I love life.

I Am

kind.

I do nice things for others.

I Am

loving.

I practice yoga with my dog, and I snuggle with my cat.

I Am

loyal.

I always support the people I care about.

I Am

mindful.

I do my best to focus.

I Am

moderate.

*Moderate means somewhere in the middle –
not too much and not too little.*

I Am

modest.

*I don't brag when I get the best grade or
when my team comes in first place.*

I Am

obedient.

*When my parents ask me to help around the
house, I do it right away without complaining.*

I Am

orderly.

*I keep my books arranged on my bookshelf,
so I know exactly where they are when I
want to read them.*

I Am

patient.

I always wait my turn.

I Am

peaceful.

I have quiet time to think of things I like.

I Am

playful.

I am fun to be around.

I Am

positive.

I choose to look at the bright side of things.

I Am

polite.

I always say, "thank you" when my friends compliment me.

I Am

prayerful.

I like to be quiet and listen to my inner voice.

I Am

purposeful.

I use quiet time to think happy thoughts.

I Am

reliable.

When I make a promise, I always keep my word.

I Am

resilient.

I get back up when I am down.

I Am

respectful.

I am polite to everyone, even when people aren't always polite to me.

I Am

responsible.

I am always prepared and ready.

I Am

serving.

I help others.

I Am

self-disciplined.

I can control myself and keep my promises to myself and to others.

I Am

in shape.

I exercise to keep my body healthy and strong.

I Am

special.

I am important to the people who care about me.

I Am

steadfast.

I stay firm and strong in the things I love.

I Am

successful.

I am good at lots of things.

I Am

tactful.

I am considerate and sensitive when I talk to others.

I Am

talented.

I am good at specific skills.

I Am

thankful.

I am grateful for the blessings in my life.

I Am

tolerant.

I respect others, even when I don't agree with them.

I Am

trusting.

I choose to see the good in other people and take them at their word.

I Am

unique!

I am one of a kind!

I Am

united.

I'm a team player.

I Am

valuable.

I am important, just like everyone else.

I Am

wise.

I listen to the voice inside that tells me what is right and what is wrong.

I Am

worthy.

I deserve love.

I Am

_____.

I Am

_____.

I Am

_____.

I Am

_____.

I Am

_____.

I Am

_____.

I Am

_____.